

Warren SENTINEL



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♦Meet Chief Wood ♦Kickin' it: Check out
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Commentary

Service before self-the value of priorities

Lt. Col. David Bliesner
400th Missile Squadron commander

It was recently my honor and privilege to accept command of the 400th Missile Squadron. If you'll permit me to brag on my people a little, I'll explain why I see it as such an honor. The Black Pirates of the 400th possess a hard-earned reputation for professionalism and excellence. Each member of the unit personally owns a piece of that reputation and the pride that goes with it, because the reputation was created and is sustained by their efforts. I'm not so arrogant or blind as to suggest that we're unique within this wing. A brief review of our last report from the Air Force Space Command Inspector General team proves there are many superb organizations full of professionals on this base. Many who read this article are a part of an organization or unit that has tasted the pride that comes with success. Hopefully you can honestly say your contribution helped to make it successful. Regardless of who you are or the reputation of your unit, if you take your profession seriously, the question is, "how can I help my organization create, maintain, or enhance its reputation for excellence?" Clearly there is no magic formula that leads to success every time. If there were, every organization in the Air Force would be rated "Excellent" or "Outstanding." However, I believe one of the keys to success in our organizations can be found in our individual priorities.

The generation that fought and supported our troops during World War II referred to those in the military as being "in the service." They would frequently use this term rather than identify any specific branch such as Army or Navy. In today's Air Force, we keep this focus in our core value of "service before self." This statement speaks to our priorities. We serve by placing accomplishment of our mission ahead of our personal comfort and convenience. I would argue that we should do this without complaint because each and every one of us chose to serve. Mission is priority one. It must be ... it is the reason our organization exists and the reason we serve.

Our next concern should be for our teammates. We should seek to serve those around us as a part of our efforts to serve this nation. What can you do to help your peers, subordinates, or even your superiors to be more successful? What can you do to help them out with a problem they're dealing with either on- or off-duty? Another way we can serve our teammates is by pulling our weight. This means doing our job—and doing it right—everyday. Anything less and we risk tarnishing not only our own reputation but that of our teammates as well, because they are members of the organization too. You can place service before self and help lead your unit to success by looking for ways to serve your teammates.

Mission and teammates are priority one and two. Only after we've done what we individually need to do to ensure those priorities have been tended to should we look to ourselves. Placing service before self is a bit out of step with modern society. Most seem to place their own interests first. But I believe this is what our core value of service before self requires us to do on a daily basis.

Imagine being a part of an organization where everyone was focused on mission accomplishment to the extent they were willing to place personal comfort and convenience on the back burner to make it happen. Imagine an organization where each individual places the needs of those around them ahead of their own interests and pulls their weight by doing their job right every day. Such an organization would enjoy continued success. This success would lead to a sense of personal pride in being associated with group and increased morale. NBC News anchorman Tom Brokaw called the generation that fought and supported World War II "the greatest generation" in his book by the same name. I believe part of what made them great was their understanding of what "service" means. If we apply the priorities implied in our core value of service before self in our organization on a daily basis, we help to make and keep them great as well.



Hoops Shots

This weekend kicks off the **Cheyenne Frontier Days** festivities. This is my very first one and I'm really looking forward to all the events. We are blessed to have access to venues of this caliber and historical significance. But we benefit even more by partnering with the local community to put on a nationally recognized show that continues a cherished western heritage. Our units directly benefit from opportunities to raise funds in a short period of time. I would have loved to have this option when I was at squadron level. I could have eliminated a lot of car washes, bake sales, pies in the face and shoe shines. For my part, after a whopping four hours of training, I'll be on horseback this Sunday helping drive cattle into town for the rodeo. So, if you want a good laugh come out see how I do. But whatever you decide I highly encourage you to get out and participate - they don't do it any better than right here in our hometown. It's the chance of lifetime!

Another lifetime event was the retirement of **Mr. Leland Sanders** from our Mighty Maintainers. Thank you for 33 years of dedicated service to our nation!

I also want to salute **Col. (select) Maura McGowan** as she leaves us for a new job back east. I will miss her professionalism and spot-on advice as well as her tenacity in protecting Air Force interests. Our Mighty Lawyers run one of the largest caseloads in the Air Force and they do it with great style. Best of luck in your position - we'll miss you!

I also want to commend

Airman 1st Class Ryan Cushing, 90th Missile Security Forces Squadron, for taking the time to recognize others for their help during the ORI and throughout the year. His e-mail highlighted the support of **1st Lt. Bruce Ludwick, Master Sgt. Gregory Lloyd, Tech. Sgt. Scott Yable** and **Airman 1st Class Deandre Strong**. His recognition proves that success comes from teamwork and service before self. Thanks for highlighting our great team in the missile complex.

I also received feedback on the terrific support of our Mighty CATM professionals. This leader in particular highlighted **Senior Airman Nicholas Tessmer** as a very sharp troop in an outfit of sharp Airmen specifically pointing out their knowledge, attitude and teaching ability. Thanks to them our people can deploy with confidence. Well done!

Finally, next week we'll host the **AFSPC Facilities Excellence Evaluation Team**. They'll be here pouring over our buildings and work areas. I hope they are reading this column in our wonderful lodging rooms and I know they will come away seeing our pride and commitment to quality of life, energy preservation, environmental excellence and more. Our great people are in great facilities and I'd like to thank our hard working facility managers for taking such good care of us and these historic buildings.

--Col. Hoops

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Photo by 1st Lt. Darrick Lee

Airman 1st Class Nathan Youngbeck, 90 MMXS, performs a pre-operation inspection on a Payload Transport. All maintenance vehicles are inspected prior to and after a trip to alert or launch facilities.

How loud is your conscience?
Col. Walter Saeger Jr.
Air-to-surface munitions directorate director

HILL AIR FORCE BASE, Utah — How many times have you started to do something only to stop and ask yourself, “Should I really do this?” Maybe it doesn’t happen too often for you, but it does for me.

Every time I have to decide what action to take, I hear this little voice that guides my decision. Some people would call it my conscience.

The conscience is a wonderful thing when it’s there and listened to. It can keep us from doing things that could get us in trouble. But, it has to be there and it has to be listened to. Most people have a conscience that they listen to — at least I assume they do or we would have a lot more crimes being committed or laws being broken. So why am I worried about whether you have a conscience or not?

It comes down to the business that we are in. Being in the Air Force we are entrusted to perform a service for our country. How we perform that service depends highly on our conscience.

How many times have you stretched your coffee break an extra 15 minutes and thought it didn’t harm anyone since you still got all of your work done for that day? How about the time you went TDY and came back when you were scheduled to even though the meeting ended early and you could have come back a day earlier? Hopefully no one reading this has been tempted to do the latter although I’m sure many people have done the former.

Both show the Air Force being short-changed; in the first example it’s “only” time while in the second it’s both time and money. Maybe you work hard and rationalize that the Air Force owes you that much, but does it? If you were paying the bill, how would you feel then?

I’ve always asked myself why I would do something that I wouldn’t want to read about in the newspaper or see on the TV news. There will always be exceptions, but unless you’re lying to yourself, people will trust you.

Now I’m sure you’re asking yourself, “What does all of this have to do with me?” It goes back to be being in the Air Force.

Americans trust us to do our best to protect them and our way of life. This trust is based on each of us doing what is right, no matter what others may think or do, and you cannot always do what is right without guidance like your conscience. Use them often enough and eventually you won’t even hear them — it will just be natural to do the right thing all the time.

Meet the new
Command chief
master sergeant
of the 90th
Space Wing



What is your full name?
James T. Wood.

Where are you from originally?
I grew up a military dependent but call Columbia, S.C. home.

What is your new job description?
90th Space Wing command chief master sergeant.

Give us a brief description of job(s) previously held.
Prior to joining team Warren, I was the commandant of the Tyndall NCO Academy whose mission is to provide leadership and management tools to the future senior enlisted leaders of our Air Force. I’ve spent the majority of my career in the fighter aircraft maintenance business working at the squadron, wing and MAJCOM levels. Prior to my Tyndall assignment I was the maintenance superintendent of the 45th Reconnaissance Squadron, Offutt Air Force Base, Neb., where I got my first taste of the heavy aircraft business. Prior to our Offutt assignment I was the Thunderbird maintenance superintendent, Nellis AFB, Nev.

How can someone get on your good side?
By doing what’s right for the Air Force.

How can someone get on your bad side?
By having the philosophy “What can the Air Force do for me”.

What’s your favorite band/musical group?
Mercyme.

Do you have any pets/hobbies/unique interests?
Jenny and I have two cats and a dog. My hobby is spending time with my family, both immediate and my Air Force family. I guess you could say my hobbies keep me on the street, running and biking. One of my goals is to complete a marathon in all 50 states and a half-iron man triathlon.

Do you have any advice for young Airmen?
Don’t forget what you learned in Basic Military Training. The lessons learned will serve you well in life and throughout your career.

What do you hope to accomplish at Warren as command chief?
I want to build on the tradition of excellence of the “Mighty Ninety” and “Team Warren”. A key part of my job is to be an effective conduit between our enlisted corps and senior leadership. My goal is to be visible and accessible so I can capture the concerns of our enlisted corps providing course corrections if and when necessary.

Give me your two cents

What is the coolest thing about the base?
“The antelope, because I’m from West Virginia and we don’t have any there.”
Airman 1st Class Phillip Snodgrass, 90 LRS



“Attending M.A.D. Crew activities.”
Airman Tiffany Williams, 90 MDSS



“The movie theater. It’s a good place to meet other people.”
Airman 1st Class Kathleen Ring, 790 MSFS



Rewritten Airman's Manual coming

An Airman's most important deployment tool just got better

Tech. Sgt. David A. Jablonski
Air Force Print News

WASHINGTON — An Airman's most important deployment tool just got better.

The original Air Force Manual 10-100, the "Airman's Manual," published in 1999, has been revised and updated and hits the streets July 19.

"Within four weeks, we will distribute more than 675,000 copies to every active-duty member, reservist and guardsman," said David Epstein, the training and publications manager for the Air Force civil engineer readiness branch.

An electronic version is already available on the Air Force portal.

A working group of contract writers and active-duty subject-

matter experts from a cross-section of Air Force specialties began the revision in October 2003. The manual was completed in January and went to press June 9.

One major improvement combines the manual with Air Force Handbook 32-4014, Volume 4, "USAF Ability to Survive and Operate Procedures in a Nuclear, Biological, and Chemical Environment."

This consolidated the two publications from 400 pages to about 250 and put them both into one easy-to-carry booklet that fits into the battle dress uniform pants cargo pocket.

Another important feature is the addition of about 20 pages of potential life-saving information, Steve Prier said. He is the Full Spectrum Threat Response publi-

cation manager and program manager for the Airman's Manual at the Air Force Civil Engineer Support Agency at Tyndall Air Force Base, Fla.

The section is tabbed, in easy-to-read simple text, and states specific "need-to-know-now" actions such as post-attack and shelter-in-place actions, weapons jam procedures, self-aid and buddy care and how to identify unexploded ordnance.

It can even be read using night-vision goggles.

"The experts reviewed each section to ensure accuracy, then added essential information from lessons learned from operations Iraqi Freedom and Enduring Freedom, or any other items they found to be important over past five years," Mr. Prier said.

The team visited Lackland AFB, Texas, to test the draft manual on basic training graduates who recently completed Warrior Week.

“

It's weatherproof, tear resistant and just about indestructible. It's a great medium for this compilation of existing war skills tactics, techniques and procedures."

—David Epstien

Training and publications manager for the Air Force civil engineer readiness branch

Every bluesuiter will get a copy of the manual, with deployed and deploying Airmen getting their copies first through their unit deployment managers. Certain emergency-essential civilians and contractors will also get them.

"It's weather-proof, tear-resistant and just about indestructible," Mr. Epstein said. "It's a great medium for this compilation of existing war skills tactics, techniques and procedures."

Honor guard Airmen save three from car fire

Airmen rescue pregnant woman and two children from burning vehicle

Tech. Sgt. Rob Mims
Air Reserve Personnel Center Public Affairs

DENVER — An Independence Day tragedy was averted July 4 by three Air Reserve Personnel Center Honor Guard members who were returning here from a ceremony July 3 in South Dakota.

As Staff Sgts. Shelly Dapp, Louis Deanda and Juan Williams were

entering the outskirts of Denver around 4 p.m., they noticed a sport utility vehicle with smoke and liquid fire coming from under it. After the driver of the burning SUV pulled over because of engine failure, Sergeants Dapp and Deanda sprung into action.

"We didn't even think about it," Sergeant Dapp said. "We just got out and ran to the vehicle."

The Airmen told Jaquelyn

Jimenez, who is due in less than a week with twins, that her vehicle was on fire and to get out. She told them there were two young children in the back seat as flames began to leap from under the hood.

Sergeant Deanda immediately opened the door and took 4-year-old Michael, and Sergeant Dapp took 2-year-old Jordan out of harms way. As they rushed the children to safety, Sergeant Williams called 911. Seemingly unaware of the severity of what was happening, Ms. Jimenez continued getting some personal items and fireworks from

the vehicle.

Sergeants Dapp and Deanda told her to get away from the vehicle for her own safety. As the vehicle became more engulfed, the front tires, windshield and back glass exploded.

"The inside melted into a puddle," Sergeant Dapp said.

When firefighters arrived nine minutes after they were called, the SUV was "fully involved," said Rick Bush, fire department spokesman.

Sergeant Deanda said even though the trio had had a long trip from South Dakota, they said they all felt "really good knowing we saved lives on the Fourth of July."

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Briefs

New to the base?

Looking for ways to make a difference? Family Services is seeking volunteers to continue supporting the Airman's Attic and the Loan Closet. Volunteers receive free childcare through Air Force Aid by volunteering at Family Services. For more information, call Family Services at 773-3739.

Project kids stuff

Has your child recently been hospitalized, suffered an accident or recovering from serious illness? Help make their hospital stay a little brighter and their recovery easier by stopping by Family Services and picking up a Project Kids Stuff bag. Children ages infant to 13 years of age of all military active duty are eligible to receive this free gift. For more information, call Family Services at 773-3739.

Col. Michael Witt
90th Security Forces Group commander

As our country moves toward national elections in the fall, servicemembers must remember they are subject to limits on political participation.

All Airmen and civilians are encouraged to fulfill their rights of citizenship to the maximum extent possible, consistent with the restrictions imposed by law and regulation.

These limitations result from the necessary separation between political activity and the federal government, and the need for public confidence in civilian control over the military. The guiding principle is servicemembers will avoid any activity that may be viewed as associating the Air Force directly or indirectly with partisan political causes or candidates.

Many people know the basic regulations regarding servicemembers and politi-

cal activities. Not speaking poorly of those who hold office, and not advocating a partisan political candidate through media are two of the guidelines we hear most often.

Did you know that it is OK to make monetary contributions or sign petitions under certain circumstances?

Military personnel can find the rules for political participation in: DoD Directive 1344.10, Political Activities by Members of the Armed Forces on Active Duty and AFI 51-902, Political Activities by Members of the Air Force.

Failure to comply with these rules may be chargeable under Article 92 of the Uniform Code of Military Justice. Civilian employees are governed by Section 6-200 of the Joint Ethics Regulation.

For more information, please contact the base legal office at 773-3383.

(Public affairs contributed to this article)

Do's and Don'ts of being politically active

Do

Register to vote, vote, and express a personal opinion on political candidates and issues, but not as a representative of the Armed Forces.

Make monetary contributions to a political organization or political committee favoring a particular candidate or slate of candidates, subject to limitations under Title 2, United States Code, Section 441a and Title 18, United States Code, Section 607.

Attend political meetings or rallies as a spectator when not in uniform.

Don't

Use official authority to interfere with an election, to affect its course or outcome, to solicit votes for a particular candidate or issue, or to require or solicit political contributions from others.

Be a candidate for, or hold civil office, except as authorized in paragraphs 5 and 6 of AFI 51-902.

Participate in partisan political management, campaigns, or conventions, or make public speeches in the course of such activity.

Serve in any official capacity or listed as a sponsor of a partisan political club.

This list is not exclusive. For more information check out AFI 51-902.

6 by 6





Photo by Airman Tessa Marie Cubbon

The secret life of Warren’s Airmen

Anime Night at the First Term Airman’s Center is not just for Japanimation fans. It’s also for those who enjoy video games, pool, foosball, watching TV or just hanging out with their buddies. Anime Night is held every Thursday from 6 to 11 p.m ... For more information, contact Airman 1st Class Ian Redding at 773-2303.



Photo by Lorri Welsch

And we have a winner

Master Sgt. Beverly Francois loads her new Lifecycle on her truck after recieving the news that she was the June monthly ATWIND winner. Sergeant Francois had played only one game piece when the drawing was conducted. The next base guaranteed monthly winner drawing will be for all players in July. The prize is a pair of roundtrip U.S. Airways tickets. Play ATWIND at www.ATWIND.com. The free game piece number is 9999-2004-999. For more information, call ATWIND at 773-2858.

6 by 4



Briefs

CFD Volunteers Needed

Cheyenne Frontier Days is approaching soon and Warren still needs folks to participate in the parades. There are four parades beginning at 9:30 a.m. July 24, 27, 29 and 31. For more information, contact Master Sgt. Jennifer Chinn at 773-3608.

Buffalo Roast

The Annual Buffalo Roast is scheduled for July 24, 10:30 a.m. to 2 p.m. at the Trail's End Club. Enjoy a Western lunch of buffalo roast buffet and entertainment by the Air Force Band of the Rockies. Adult tickets purchased before July 16 are \$12.50 for members, \$14.50 for non-members. Children ages 5 - 10 will be \$5.50. Tickets purchased after July 16 will be \$14.50 for members, \$16.50 for nonmembers. Children ages 5 - 10, \$7.50. Children ages 4 and younger are admitted free. For more information, contact the Trail's End Club at 773-3048.

National Kid's Day

National Kid's Day activities will be held Aug. 1 from 1 to 5 p.m. at the Youth Center. Kids and parents are invited for games, contests, crafts, and a free lunch. Kid's who participate in the fun run will receive a T-shirt. For more information, call Holly Brazel at 773-2564.

Comedy Jam!

You'll receive a night of laughs from comedians Miss Gayle and Jimmy Abeyta at the Trail's End Club Aug. 14. The show starts at 9 p.m. and tickets are on sale now at the club.

Tickets are \$10 in advance and \$12 at the door. Comedy Jam is an ATWIND event. Air Force club members receive a \$2 per ticket discount. For more information, call the Trail's End Club at 773-3048.



Air Force Services CGO of the Year here at Warren

Meet 1st Lt. Steve Parker, 90th Services

What is your favorite part of your job?

"In my career field, there's a very broad spectrum of things I can do."

What's your life's motto?

"I don't want to sound campy, but always give 100 percent. There's no point in giving any less."

What's your secret to a good uniform?

"Pay someone to do it."

What did you do to become Air Force Company Grade Officer of the Year?

"I really just did my job. I also have the luxury of being assigned to a squadron of outstanding people."

How do you feel about being AF Services CGO of the year?

"It's a great honor to be recognized by your peers as the best of anything. It's also a testament to the work ethic of this squadron."



photo by Master Sgt. Karen Pettit

Here kitty, kitty

BAGHDAD, Iraq — Col. Jill Morgenthaler offers Liberty some milk before preparing a new home for her out of a television box. Three pest control managers climbed the Al Faw Palace ceilings and chipped away at the base of a patio column to rescue the trapped kitten. Colonel Morgenthaler is a public affairs officer for Multinational Forces-Iraq.



Public Service Announcement

The public is invited to attend a presentation and open discussion on the proposed surface water utility for Cheyenne. The proposed plan will provide much needed funding to manage our storm drainage system.

Each presentation will start at 5:30 p.m. and run

for approximately 20 minutes. A question and discussion period will follow. City staff will be on hand to take comments and answer questions. Help craft the best surface water utility for our community. The meetings will be held on three separate dates and locations for your convenience.

The first public open house will be Aug. 2 from 5:30 p.m. to 7 p.m. at Bain Elementary School, 903 Adams Ave.

The second public open house will be Aug. 3 at Cole Elementary School, 615 W. 9th Street from 5:30 p.m. to 7 p.m.

The third public open house will be Thursday Aug. 5 at Buffalo Ridge Elementary School, 5331 Pineridge from 5:30 p.m. to 7 p.m.

If you have further questions regarding these open house meetings, call the City Engineer's Office at 637-629

Dad's double duty

What happens at home when Mom's deployed?

Maj. Laurie Arellano
Public Affairs

When his wife, an Individual Mobilization Augmentee assigned to the 90th Space Wing, took a six-month assignment at Headquarters Southern Command in Miami, Fla., David Arellano knew it would be a tough time for the family, but he also knew many Air Force spouses do every day, and that it could be done.

Knowing what Maj. Laurie Arellano's duties would be at Southern Command, and because leaving his full-time job as a retail assets protection manager wasn't an option, the family decided David would remain in Denver with their two daughters, ages 6 and 2, while she went to her Miami assignment.

"We knew not having the resources and built-in support of living on a base would be harder," Maj. Arellano said. "The people in our neighborhood really didn't relate to our situation, so we had to do more to help ourselves."

The couple said the first thing they did before Maj. Arellano left was find a good day care provider who would be willing to be flexible. Then, once his wife departed, Mr. Arellano decided he had to get the family into a good routine.

"Mornings were the toughest," he said, "but once I got that down to a science, I could focus on other things."

Mr. Arellano said he learned to be very efficient with his time both at work and at home, and he quickly decided the girls could help him, even in small ways.

"Even if they only picked up their toys at night and put their clothes in the hamper, it was one less thing I had to worry

about."

Friends of the family teased them the girls would be eating lots of frozen pizza and macaroni and cheese while she was away, but Mr. Arellano said he got very proficient at shopping and cooking for the family.

"You can cook almost anything on a grill," he said. "They loved my grilled chicken strips, and it was fast and easy."

Mr. Arellano, who also attends college classes, said there were many nights he put the girls to bed and then got back up at midnight to do homework or get things ready for the next day, and admits there were times he felt he was nearing the end of his rope. He said laundry was his biggest chore, and many days cleaning the house went to the bottom of his priority list. "Yes, it was very stressful sometimes," Mr. Arellano said. "Especially when I had a lot of homework or a lot going on at work. Inevitably, that would be the week they would get sick or something would happen like the toilet overflowing."

But the good days outweighed the bad, he said. A potty training success or helping them set up a lemonade stand made it worth it, he said.

"I definitely got closer to them," he said.

As Mr. Arellano dealt with everything from eczema to ear infections, he said he learned to rely on his instincts with the girls and to take time off whenever possible to reduce the stress.

"A lot of my vacation time for this year is gone, but I don't regret it," Mr. Arellano said.

"My daddy was fun and he sang us a song at night," said Allie, age 6. "One time he told the tooth fairy to bring me new clothes instead of money."

The family's day care provider said she thought Mr. Arellano did fantastic



Photos by Maj. Laurie Arellano



David Arellano spends time playing with Allie, 6, and Mia, 2. Mr. Arellano said he tried to spend as much time with his daughters as possible while his wife was on a six-month temporary duty assignment.

as a single dad.

"The girls were always happy and well-adjusted," Christine Nelson said. "You could tell he gave them lots of love."

"I don't think I did

anything out of the ordinary," Mr. Arellano said.

"People will usually rise to meet their challenges and do what they need to do, and we got through it stronger than ever."

Meet your new
90th Comm
Squadron
commander



What is your full name? Michael Thomas Crocker

Where are you from originally? Colorado Springs, Colorado

What is your new job description? Provide reliable communications and visual information services to all F.E. Warren units, both on base and with in the missile field.

Give us a brief description of jobs previously held prior to joining team Warren. Missile launch officer; missile warning software developer; missile warning center commander; command, control, communications, and computers branch and flight chief; executive officer; AWACS software development division chief

What are the last three bases you've come from? NATO Air Base Geilenkirchen, Germany; Randolph Air Force Base, Texas; Cheyenne Mountain Air Station, Colo.

How can someone get on your good side? Be honest, take responsibility for your actions. (Although my 14-year-old would probably say I don't have a good side!)

How can someone get on your bad side? Dishonesty or trying to cover up mistakes instead of taking responsibility.

What's your favorite band/musical group? Aerosmith, ZZ Top, DC Talk, Point of Grace

Do you have any pets/hobbies/unique interests? Bowling, computers, spending time with my family

Do you have any advice for young Airmen? Learn your job, do the best you can do at all times, don't drink and drive.

What do you hope to accomplish at Warren as commander of the 90th Communications Squadron? Continue the excellent service we provide to the base while implementing new initiatives to keep F.E. Warren on the latest technology.

How do you become
a good citizen?
By exercising your
right to vote

Col. Michael Witt
90 SFG commander

"The right to vote is a true sign of democracy in action ... we have both the responsibility and the obligation to exercise our fundamental right to vote," according to the chairman of the Joint Chiefs of Staff, May 2004.

Talk with your squadron voting officer or NCO now ... register to vote today, either in Wyoming or your state of residence via absentee ballot. In Wyoming, applications for an absentee ballot for any election must be made to the county clerk. A voter may apply for an absentee ballot either in person, in writing or by telephone, by furnishing the following information:

- Applicant's name in full, Social Security number (optional), date of birth, and residence address;
- The election for which the absentee ballot is requested;
- If a primary election, the political party ballot;

- A statement that applicant is entitled to vote in the election;
- If not obtained in person by the applicant, the address to which the absentee ballot is to be mailed or the name of the individual who has been designated to deliver the ballot to the applicant —the name must be in writing.

A qualified elector may apply for an absentee ballot at anytime during the calendar year in which the election is held, but no later than the day before the election.

In order to be counted, voted absentee ballots must be returned to the county clerk no later than 7 p.m. on election day. National elections are usually held on the first Tuesday after the first Monday of November ... this year it's Nov. 2. In Wyoming, the primary elections are held Aug. 17.

Remember, this is the right you're prepared to die for — appreciate that right and act on it. (1st Lt. Darrick Lee contributed to this article)

6*4



Students need your help with ...
Operation Back to School

Courtesy article

Warren’s education center is collecting school supplies to be donated to low-income elementary school children in Cheyenne from now until Aug. 18.

The program assists qualified children with adequate school supplies to start hte school year.

This is the 8th year the Warren Education and Training Flight and the on-base offices of Embry-Riddle Aeronautical University, Laramie County Community College and Park University will be participating in the Greater Cheyenne Chamber of Commerce “Operation Back to School” program.

Last year 800 packages were given out. One hundred of those packages came from the Warren community.

This year the materials requested are:

# 2 Pencils	School glue
Crayola Crayons	Scissors
Pencil bag	Wide rule spiral notebooks
Folders	Rulers
Erasers	Facial tissue
Wide rule loose leaf paper	
Washable markers - thin and wide	

Donating is easy. Simply bring any of the above supplies to be donated to the Education and Training donation box or the Embry-Riddle, LCCC, or Park offices at the Education Center, 1205 Black Powder Road from now until Aug. 18.

This year’s Operation Back to School Project is a sanctioned ATWIND community service project. You may get a game piece each time you donate supplies.

For additional information or if you would like to volunteer, call Ms. Schwem at 773-4897.



Courtesy photo

How does your garden grow?

First Lt. Jutta Cortes poses with her dog Sonja, a retired military working dog, in frong of her award winning garden. Sunday's Garden Walk allowed the public to take a walking tour of the community's most lavish yards and gardens. More than 470 people visited her garden, which was deemed “best on display” by the Master Gardeners of Laramie County, of which Lieutenant Cortes is a member. Lieutenant Cortes offers her expertise to base residents as well as others in the community looking to make the most out of their land. If you'd like some help developing your green thumb, call her at 632-0959.



A Missile Operations Squadron player looks for an open man during Monday's game.

Photos by Joe Kelly

Kickin' it

The 90th Missile Operations Squadron takes on the 90th Operations Support Squadron during a mind-blowing battle of strength, courage and desire to win.



A Missile Operations Squadron defender awaits an Operation Support Squadron defender.



Players rage a fierce battle for the ball.



First Lt. Sergio Luna escapes a close shot on the goal from 1st Lt. Frank McDermott.

Senior Airman holds tango-dancing lessons with ancestors in backyard

Senior Airman Bruce Cunningham, 790th Missile Security Forces Squadron, talked with Airman Tessa Cubbon on the benefits of the Air Force, perseverance, and success.

What's the best part about being in the Air Force?

The best parts about being in the Air Force are job diversity, continuous education and challenges.

Have your goals changed since you came in?

Yes. I'm more determined to strive for a better professional and personal future.

Other than Warren, where's the coolest place the Air Force has taken you?

Keesler Air Force Base, Miss.

What's your favorite part about your job?

Working with the customers.

Where do you see yourself in five years?

On special duty as an instructor with a masters degree.

If you could have dinner delivered to you from anywhere in the world tonight, where would it be from?

Rome, Italy.

What would it be?

Authentic pizza.

Name three things that are on your desk right now:

Kids photos, a bottle of water, ALS graduation pen set.

What was the last movie you saw at the theater?

"Spiderman 2."

In your opinion, what is the greatest book ever written?

A self-improvement book called "The Magic of Thinking Big."

What movie greatly influenced your life and why?

"Chariots of Fire." It shows that constant perseverance wins every time.

Who are your heroes?

My parents. They taught me to embrace life's challenges.

What's something the people you work with would be surprised to know about you?

I was born in Quito, Ecuador.

What do you think civilians misunderstand about the military?

I don't think they understand our teamwork philosophy or the importance of continuous training.

What would you do with a time machine?

Research my family line 100 years ago.

What's your life's motto?

Success is a state of mind; Get it done!

What did you do before you joined the Air Force?

I spent four years in the Navy, two years in the Air National Guard and I've worked for temp agencies.



What's your secret to a good uniform?

Extra hot iron, pressing everyday and lots of starch.

What's the biggest honor you've ever had?

Being assigned to the 790th is a pretty big honor. Also, being Airman Leadership School class leader and distinguished graduate.

When you were a kid, what did you want to be when you grew up?

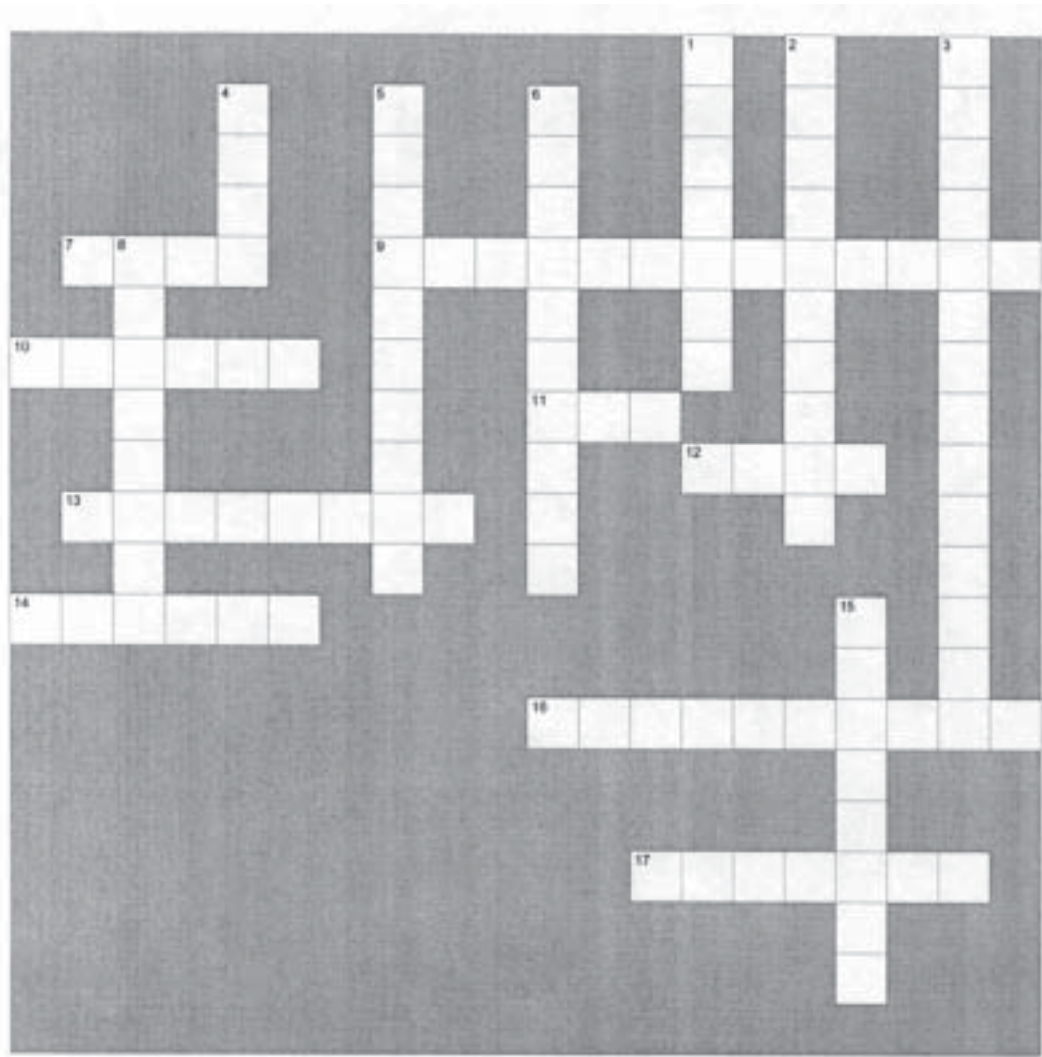
I wanted to be a tango dancer.

What CD do you have in your stereo right now?

Swamp Donkey (Fear the Donkey).



101 Critical Days of Summer Crossword puzzle



Across: Down:

7. Material safety data sheets (Abbr)

9. Keeping you from falling more than six feet

10. Helping to keep objects out of machines

11. Used to save someone's life

12. Ground fault circuit interrupter

13. Scaffold device to protect the toes below from above

14. Comes in steps or sections

16. Worn while servicing batteries

17. Always requires more than one person when more than 60 pounds
1. Before working on electrical equipment remove

2. Program to prevent CTS

3. Used to load and unload weapons

4. Current is measured in

5. People who protect our shores

6. Helps to keep you afloat

8. A temporary arrangement erected around a facility for convenience of workers

15. Cords across walkways create a ____ hazard

Look for the answers to this week's puzzle in next weeks Sentinel
Bring your completed puzzle to the wing safety office, Building 250 for an ATWIND game piece.





50 Years of
Space and
Missile
Trivia

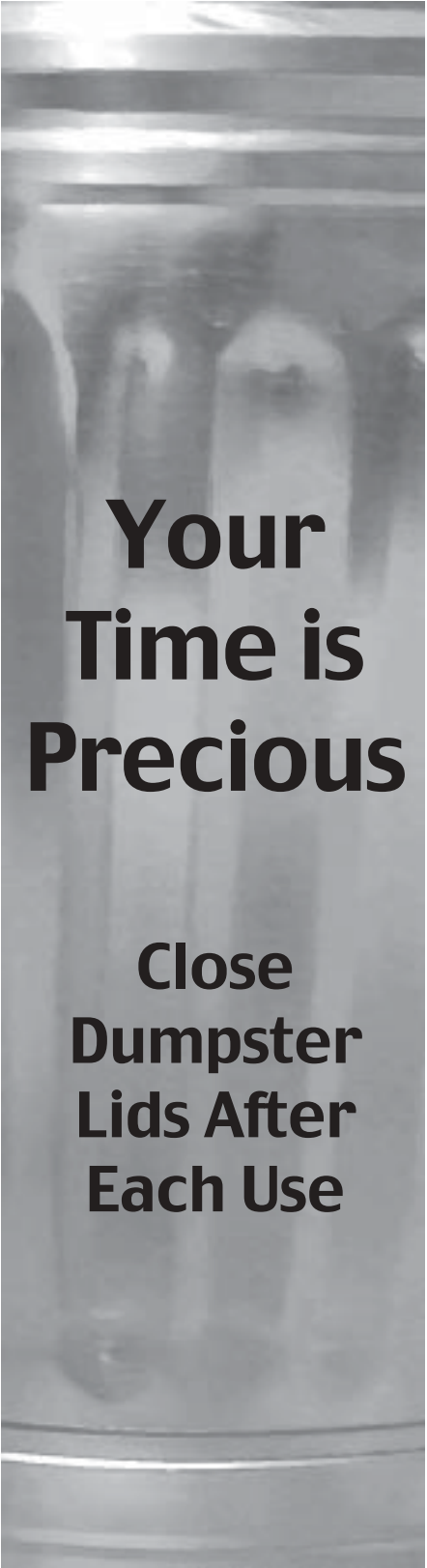
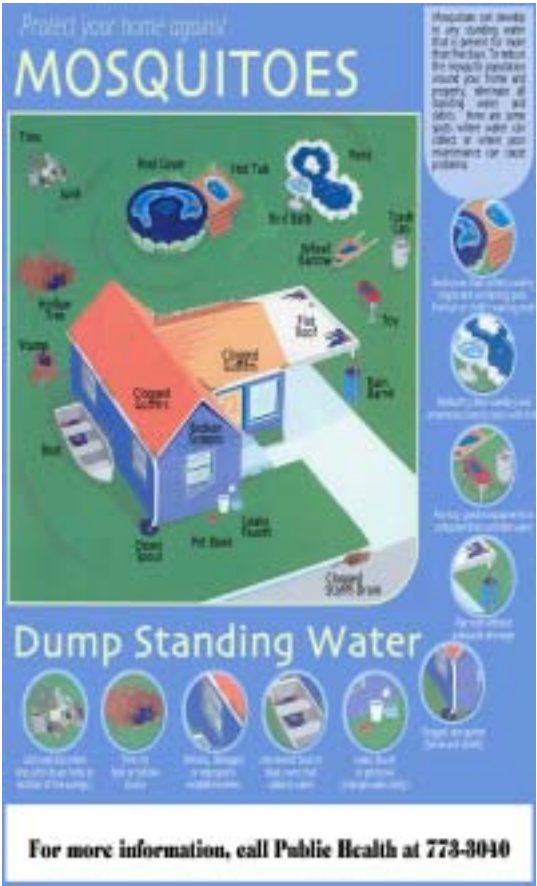
When was the 90th Strategic Missile Wing established?

Think you know the answer? Stop by the ICBM Heritage Museum and receive an Atwind game piece.

Answer to last weeks question:
Which squadron became the first all Minuteman III squadron for the 90th?
400th Strategic Missile Squadron

Wanna learn more about Space & Missile History?

Click on AFSPC's Anniversary Web site
www.peterson.af.mil/hqafspc/50th



Your
Time is
Precious

Close
Dumpster
Lids After
Each Use

Dear readers,

Have you ever wanted the opportunity to ask questions not of the norm? Have you ever needed a place to vent, but didn't feel that the commander's action line was the place for it? Great news ... you can do it right here. Ask me as many strange and unusual questions as you want. Or ask me a legitimate question to change up the pace. This is your direct line to the Sentinel. I research all of your questions, but if I can't figure out your problem, I'll ask an expert, just to be sure you're getting the right information.

Always,

Ann. Tessa Marie

e-mail Tessa Marie at tessa.cubbon@warren.af.mil

Ask Tessa Marie



If she doesn't know the answer,
she'll ask Lauren.

Give your family and friends the opportunity to share in your Air Force career

The Hometown News Release Program allows enlisted, officer and DoD employees a way to publish information about career milestones in their hometown newspaper.

How? Just complete a DD Form 2266, Information for Hometown News Release, from the convenience of your computer. Go to <http://web1.whs.osd.mil/icdhome/>

[DDEFORMS.HTM](#) and click on DD Form 2266. Then bring it to Public Affairs located on the second floor of Building 250, or fax the completed form to 773-2074. Call Public Affairs at 773-3381 to

verify the request was received.

For a complete submissions list, contact Public Affairs or reference Air Force Instruction 35-101, Figure 14.5.

For all your TRICARE needs,
contact the TRICARE Service
Center at 307-772-4020.

Have a news, sports or commentary
story idea for the Warren Sentinel? Con-
tact the Public Affairs office at 773-3381.

